

Exercise 1

1 it 2 that 3 make 4 – 5 It 6 to 7 is 8 –
9 that 10 they

Exercise 2

- 1 It is difficult to be happy if you don't laugh now and then.
- 2 It is normal to feel nervous before taking an exam.
- 3 It is not a good idea to go out the night before an exam.
- 4 It is unusual to see people on the beach at this time of the year.
- 5 It is incredible to find homes without electricity in central London.
- 6 It is amazing that John got good marks in his chemistry test.
- 7 It is essential to learn everyday English to pass your English oral exam.
- 8 It was wonderful to win first prize last week.
- 9 It is surprising that more people don't recycle their rubbish.
- 10 It was annoying to discover that all the tickets had been sold.

Exercise 3

1 cure 2 tolerate 3 under the weather 4 the sniffles
5 relieve 6 dose 7 has butterflies in her stomach 8 are lethal
9 lightheaded 10 queasy

Exercise 4

1 contaminate 2 pure 3 lungs 4 asthma 5 remedies
6 liver/heart/pancreas 7 extracts 8 slimy 9 bitter/sour
10 stomach

Exercise 5

1 True 2 False 3 Don't know 4 Don't know 5 True

Exercise 6

- 1 Laughter can improve your well-being because it helps release endorphins.
- 2 Psychoneuroimmunology is the study of the effects of the interaction of the mind, body and immune system on health.
- 3 Laughter reduces blood pressure and harmful stress hormones, and boosts the immune system.
- 4 The growing number of therapies involving laughter is evidence that it is a valid treatment.
- 5 Clowns are used in hospitals to entertain sick children making them less anxious and more responsive to treatment.

Exercise 7

1 trial 2 as 3 paint 4 try 5 claim/say 6 pressure
7 treatment 8 swelling 9 dose 10 alternative

Exercise 8 (suggested answers)

- 1 Have you ever had/tried a mud bath?
- 2 What about acupuncture? / Have you ever had acupuncture?
- 3 What therapies would you like to try?
- 4 got butterflies in my stomach
- 5 No, thanks. It / Camomile tea makes me feel

Exercise 9

Students' own answers.